



Poulos Announces Candidacy for Library Board

Robert S. Poulos, today announced his candidacy for Library Trustee, stating, "Our town is presently at the 'Crossroads of the 70's.' The present library and school system require expansion and continued modernization. We need to meet these major changes through the cooperative efforts of the Library Board and School Committee, a joint venture, to insure that our children will have the necessary tools to prepare themselves for tomorrow.

A graduate of AIC, with a Degree in Business Admin. and employed by Monsanto Company, Mr. Poulos further stated, I can and will bring a business approach which is badly needed, to the board.

As a new home owner and concerned resident in the town, I am seeking your support to afford me the opportunity to serve the community during this critical period. I ask for that support on election day, November 18.

Mr. Poulos lives at 33 Brien St. with his wife, Carol and son Robert. He is a member of Elks Lodge No. 61 and is a past director of the Monsanto Santonian Athletic Association.



CHRISCOLA CHAIRMAN CONNELLY CAMPAIGN

Former Selectman, Frank Chriscola, Jr., who was named Campaign Co-ordinator for Selectman Edward W. Connelly issued the following statement:

"I am pleased to be the Chairman of the Committee working to re-elect Ed Connelly to the Selectman's Office. As a former Agawam Selectman who served with him on the Board, I can state that Connelly is a dedicated person who does his job with a concern for all of the people.

As a former Selectman, a long time home-owning resident, a businessman and a large tax payer, I have a good knowledge of the tax rate situation, not only in Agawam, but throughout the area, and I know that the increase or decrease of tax rates is the result of many factors, mostly beyond the control of the Selectmans office, and certainly not the responsibility of any one person.

Connelly has initiated or strongly supported many programs now in effect or about to materialize which will help us "catch up" with our population explosion in Agawam, with the need for services in newly developed residential areas, and will continue to support our present strong Industrial Development Commission in order to broaden the tax base, thereby providing property tax relief.

He has always conducted an open door policy in the Selectmens office in a non-partisan manner, and honestly tried to help all the people instead of a chosen few.

I urge all the voters to consider the full benefit to the Town of Agawam which can result by re-electing Ed Connelly to the office of Selectman."

Wife to guests as husband shows home movies: "It's a low-budget film. We spent our vacation at home."

THE AGAWAM NEWS INC.

"The Heart Beat of the Town"
For the Sixteenth Year

OVER 10,000
READERS

Agawam's First Newspaper Serving All The People

Vol. 18 No. 43

Agawam, Mass.--Thursday, November 6, 1969

5c per copy—1.00 per year

These Are Our Children!

This Article Appeared in the Latest Issue
of 'THE PHOENIX'

A Bi-weekly Student Publication at
Holyoke Community College



Local Flow of Drugs Expected to Increase

(Editor's Note: None of the facts related in the following article can be substantiated. The information is a composite of rumors from local drug users. It is hoped that even though this article may be only hearsay, that it will awaken people to the fact that drugs are still very much prevalent in this area. Also, it has been reported that Opiates in this local area are being cut with plaster of Paris and baking soda; these ingredients can kill you. We would like to make it clear that the editor does not favor the use or abuse of drugs. The purpose is to make the public aware of the extent of the problem.)

Despite the busts of Oct. 2 and 3, the local supply of both hard and soft drugs remains unaffected. Although copping may be slightly more difficult due to the large bust, fall prices remain the same in most areas.

Grass: The great "Marijuana

Famine" is still on (almost no grass was taken Oct. 2 and 3), despite several large shipments to this area in recent months. Recent reports of implementation of the "sick grass plot" (as reported by the San Francisco Chronicle, June 20, 1969, and confirmed by Dr. Joel Frost in October Playboy), coupled with a raise in informer rewards, has badly hampered the flow via Texas and Louisiana, leaving only the costly Canadian routes open for importation. A generally good domestic crop is reported in Wisconsin, Maine, and Texas, but one must still expect prices between \$15.00 to \$25.00 per oz. with local ozs. at \$12.00. Prices should fall slightly in November as several large shipments reach the Pittsfield area.

Opiates: Heroin and morphine are readily available locally, and rather pure goods have been traded.

However, some samples cut with dangerous foreign agents have been reported. Prices on both smack and morph hang at \$7.00 per g.

Opium is very scarce, although some is available; prices are moderate. Cocaine is hard to get now, but 5 lbs. will be around on the 26th of November at a nice stiff price. Narcotine, Noscopine and Ergonovine Mealeate are purchasable in small lots but are too unusual to find much action in the general market.

Speed: Easy to come by between \$.50 and \$2.00 a HEAP, predominantly Dexidine and Amphetamine. Some crystal should show up this winter at \$5.00 to \$8.00 a spoon.

Acid: Most of the LSD taken in the Oct. 2 and 3 raids was made by a local chemist. The quality was good, but samples contained a high percent of inactive L-isomers. This stuff is cleaner than most street acid, but not heavily hallucinogenic at \$4.50 a trip. Purple wedges are due in from the coast any day now at \$10.00.

F.D.A.: Six months or forever at \$100.00 available in Amherst.

Local herbs: Belladonna is running good. Local tincture \$.20 per fl. oz.; pharmaceutical capsule, \$1.00.

SYLVIA DELISO SEEKS RE-ELECTION

Sylvia R. Deliso, candidate for re-election to the Board of Library Trustees asks for the support of the voters of Agawam in the coming election.

I have served as a Library Trustee for 2 terms and have tried to obtain better library services for the people of Agawam as efficiently and economically as possible. During the time I have served on the board, library circulation has increased greatly, an addition has been built on to the Agawam Center Library to give increased space, all libraries have been opened more hours, our chief librarian was hired and the book collection has expanded both technical collections and the general collection.

During my 6 years I have served as chairman of the Library Board; worked on both the personnel and the building and maintenance committees and I have gained a thorough knowledge of our library problems and needs. I feel that the knowledge and experience that I have gained in the past 6 years will be valuable in all plans for the future of the Agawam Library system.

Therefore, I ask for your vote so that I may continue to give you, the townspeople of Agawam, the type of library service you want and need.

All copy for this newspaper must be typed, double spaced originals. No carbons, or items which appear elsewhere before we publish, will be considered. Deadline, Monday A.M.

JC-ETTES DISTRIBUTE BOOKLET



Mr. Jim Loomis, Principal of Granger Elementary School, is first to receive booklets to be distributed.

On Friday afternoon James Clark, Super. of Schools, accepted from Mrs. Joanne Lapine, Chairman and V.P. of the Agawam J.C.-ettes, the booklets "Cautious Twins." These booklets, illustrated by Walt mDisney, are in conjunction with the current safety program being conducted by Safety Patrol Officer Harold Burnett in the Agawam school system.

If you cook eggs at too high a temperature or for too long, you cause protein to shrink, along with a loss of moisture. This makes the protein tough or rubbery. You may also produce hard spots in the yolk and turn the yolk surface to a green-gray color, which is correctible by placing cooked eggs in cold water right from the saucepan.

Old-timer reminiscing: "I was born on Main Street. I lived there before the village macadamized it, before Henry Ford motorized it, before the unions organized it before the chain stores standardized it and before the federal government subsidized it"

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Congregational Christmas Bazaar

A new feature has been added to the Christmas bazaar at the Agawam Congregational Church. Santa Claus will visit the bazaar from 1-3:00 p.m. Color pictures of children with Santa will be taken for a small fee.

The bazaar, Holiday Windows, sponsored by the Ladies Aide Society of the church, will be held on Saturday, Nov. 15, from 10 a.m. - 7 p.m. in the church parish hall. Mrs. Donald Fogg, president, is gen. chm.

Snacks will be served through the lunch hour. The annual Silver Tea will be held from 2-4 p.m. A cafeteria supper will be served from 5:30-7 by the catering group of the church lead by Mrs. George Toussaint. No reservations are necessary for this meal.

Aprons will be on sale by Mrs. C. Lauritsen. Mrs. C. Kistner will have handmade gifts and greeting cards. The baked goods sale will be lead by Mrs. R. Tolken. Mrs. G. Webster and Mrs. R. Spear will be in charge of the handicrafts items.

A special table of family gifts in the children's price-range will be headed by Mrs. L. Simpson. Fudge and other sweets will be sold by the youth groups of the church, and the Merriweds will have "attic treasures" for sale.

ROSARY SOCIETY CHRISTMAS BAZAAR

The Rosary Altar Society of The Sacred Heart Church in Feeding Hills will present its first Christmas Bazaar on Saturday, Nov. 22 at the church hall on William St. from 10 a.m. through 5 p.m.

Chairman of the event is Mrs. William Littlefield assisted by Mrs. Richard Potito and Mrs. Philip Barlow co-chm.

Along with the many interesting and varied booths will be the Fudge Booth with a "Fudge Bake Off" sponsored by the R.A. Society and open to any teenager who wishes to participate. Prizes will be awarded at the bazaar to the winner and 2 runners-up. All entries will then be placed on sale.

The public is invited to attend.

SOUTH EL PTA OPEN HOUSE

In the observance of American Education Week the South Elementary PTA will hold an OPEN HOUSE on Wednesday, Nov. 12 at the South School.

A short business meeting will be conducted by Harold Burnett, PTA pres. at 8 p.m. in the school cafeteria.

Mrs. Julia Crawford, principal, invites members to take this opportunity to tour the school, observe classroom work and to examine a complete set of textbooks for their children's grade.

PTA Room Mothers will be on hand to welcome parents and introduce them to the teachers who will be in their respective classrooms immediately after the meeting.

The PTA to enable all parents to have conference time will limit conference time to 5 minutes. If parents wish to seek further information about a pupil's academic progress, they may set an appointment with the teacher for a future date at this time.

Many of the classes are close to 100% PTA enrollment. If you have not yet joined, you may join at this meeting.

A PTA Election Day Food Sale has been planned for South School and as in the past, they urge all members to VOTE. A reminder that at South if they vote early they will be able to make a choice from all the special home made goodies at the Food Sale that will be made by all the noted good cooks from the South PTA.

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from the

MASSACHUSETTS AUDUBON

SOCIETY

by Wayne Hanley

LINCOLN, MASSACHUSETTS 01773

A bird feeder hung from a limb over your lawn should attract even more birds this winter than last winter when we had a bumper crop of northern finches.

The date to hang the feeder is today. The birds have arrived — and in surprising diversity.

Along with the common birds of normal winters, this winter promises a good sprinkling of unusual birds, such as white-winged crossbills, pine siskins, and boreal chickadees. The undependable evening grosbeaks, which flood N.E. some years and are scarce others, have arrived as far south as Mass. The prevalence of evening grosbeaks, and of purple finches which also are arriving, cannot be predicted at this time. The native ranks of black-capped chickadees have been augmented by hordes of cousins pouring down from northern forests.

The questionable birds among these species — so far as their response to grain in a feeder is concerned — are the white-winged crossbills. These small finches of the northern forests seldom enter N.E. in the huge flocks experienced this year. On other rare migrations into the area, white-wings sometimes have visited feeders and sometimes have not.

Last winter was exceptional for the immense numbers of redpolls — a sort of sparrow with a rosy cap — that visited N.E. feeders. So far there has been no hint of their returning, but the season for redpolls comes much later in the winter.

Why N.E. experiences erratic invasions by finches which normally spend the winter in Canada long has been debated. It commonly is believed that either an exceptionally productive year of young birds or a dire autumn food shortage — or both factors — drives them down from the north.

Of more practical concern to the person who would like to attract birds around his or her home is how to go about it. The answer is quite simple. Go to the nearest grocery or hardware store and buy a bag of wild bird feed. Buy a bird feeder at the store — or make a simple feeder by taking a plastic half-gallon washing bleach bottle and cutting a hole in the side of it. Put feed in the feeder and hang it from a limb.

That, at least, is a beginning. While one may attract a flock of birds almost instantly, it is not a common experience in a yard where no feeding has been done in other years. Sometimes the feeder attracts no birds for a month. But they eventually will find the food supply.

There are, of course, better locations for a feeder and more attractive grains which one may use. For instance, a feeder succeeds better if it hangs in a sunny spot away from the wind and near a bush to which the birds may fly for safety.

For more sophisticated and detailed instructions on bird attracting, send a large, self-addressed, stamped envelope to Winter Bird Feeding, Mass. Audubon Society, South Great Rd., Lincoln, Mass. 01773.

Occasionally, a new food exceptionally attractive to birds comes on the market. A couple years ago, thistle seed became a big seller because of its attractiveness to siskins, goldfinches, redpolls and other small finches. Last year the "great discovery" was hulled sunflower seeds. Hulled sunflower seeds are the ordinary kind with the hard, tough jackets removed. Birds are as lazy as the rest of us and seem to prefer their sunflower seeds peeled.

Remove excess body fluid with FLUIDEX tablet, only \$1.69 at your drugstore.

Don't forget to start feeding the birds early.

NO ESCAPE FROM DDT

LINCOLN, MASS. — The banning of cyclamate as a possible cancer-causing chemical accents the privileged position of DDT which has produced similar results in tests on rats, mice and trout, Allen H. Morgan, executive V.P. of the Mass. Audubon Soc. said yesterday.

"Dr. Samuel S. Epstein, chief of the Laboratories of Environmental Toxicology and Carcinogenesis of the Children's Cancer Research Foundation in Boston, has pointed out many times the cancer-inducing quality of DDT in young animals," Morgan said. "His most recent public statement emphasizing the need for medical men to watch for cancers caused by DDT and certain other chemicals was made in New Orleans in April before the Science Writers Seminar of the American Cancer Society.

"Americans should be thankful that such chemicals as cyclamate fall under the watchful eye of the Fed. Food & Drug Admin. and rather alarmed that DDT enjoys the protection of the Fed. Depart't of Agriculture where decisions have an economic bias.

"The irony is that no one could be exposed to the effects of cyclamate without voluntarily purchasing and using products which contained it. On the other hand, DDT pervades every food which we eat and we cannot escape it."



WESTFIELD SAVINGS PROMOTES

Edward A. Miller of Westfield has been promoted to comptroller of Westfield Savings Bank, it was announced today by Arthur W. Knapp, president.

Mr. Miller, who has been with the bank for 16 years, is currently V.P. of the West. Mass. Auditors and Comptrollers Assoc'n.

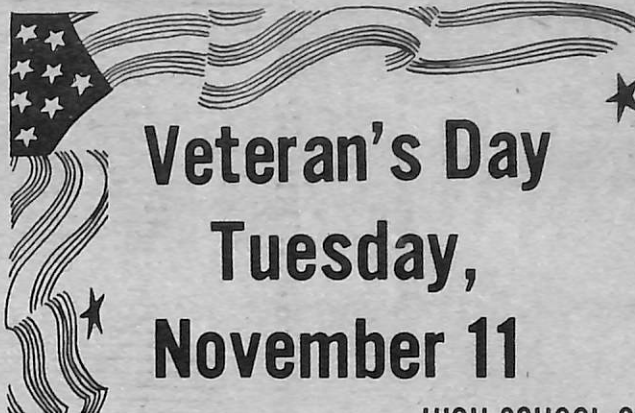
He was born in Westfield and graduated from the Germantown H.S. in Germantown, Pa. From 1942 through 1945 he was with the Air Force, serving in the S.W. Pacific.

For 6 years following his discharge from the service, Mr. Miller was affiliated with the Mass. Air Nat'l Guard at Barnes Airport as a permanent employee, with the rank of master sergeant. He joined Westfield Savings Bank in 1953.

Mr. Miller is a graduate of the Dale Carnegie course, and has completed several courses of the American Institute of Banking. He is married to the former Lynn Johnson of Westfield and they live in that city at 208 Holyoke Rd. with their 3 children.

LAWN CARE

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Jim Sweeney - 739-3223



Ice Capades '69



SIMIAN SUPER-STAR AND HIS "STRAW" BOSS ... THAT'S SPANKY AND DAVE PITTS IN THE COLORFUL PRODUCTION OF "WIZARD OF ODDS" IN ICE CAPEDES OPENING AT THE COLISEUM, WED., NOV. 19, FOR JUST 10 NIGHTS AND 8 MATINEES.

Linda Carbonetto, one of Ice Capades' outstanding new performers will be appearing with the 30th edition of the ice spectacular which opens a 12-day engagement Nov. 19 at the Coliseum. Linda is a determined young lady who knows how to make decisions.

After years of training and hard work, the 20-year old skater topped her amateur career by winning the 1969 Canadian Women's Championship in Toronto. Capturing the title from Vancouver's Karen Magnussen, against whom she had been competing for several years, Linda returned the championship to Ottawa for the 2nd time, the 1st time was 22 years ago when Barbara Ann Scott won the title.

A winner of 4 skating gold medals (2 for dancing and one each for figures and free-style), Linda was a member of the Canadian team at the 1968 Olympics and the World's competitions. She consistently won top honors in free-style categories during her amateur career, and, in fact, set a world's record during the Olympics. Linda advanced her standing 11 places in one competition because of her outstanding free-style skating.

The vivacious blonde skater, who began serious competitive skating only 4 years ago, was determined to be a title holder before ending her amateur career. "It was a matter of proving to myself that I could do it," she admitted.

Because of Linda's spectacular style and showmanship, she was considered the number one choice by professional skating scouts last year. Her gracefulness, charming personality and ability to project to an audience made her a natural for the type of interpretive skating necessary for ice shows. However, joining Ice Capades to skate professionally is a difficult decision for a young skater who had just proved herself to be a champion.

The daughter of a Canadian gov't official, Linda began skating in London when she was 6 years old as a remedy for extremely weak ankles. She won her first competition at the age of 10 and although her family's travels prevented her from continuous, personalized skating instructions, Linda set her goals high, remained dedicated and now takes her place among the world's skating champions.

A duo-national, born in N.Y.C. of Canadian parents, Linda has another decision to make shortly. When she approaches her 21st birthday, she must decide which country to adopt for citizenship.

"Either way," she exclaims, "I don't think I can go wrong."

HIGH SCHOOL COFFEE HOUR FOR PARENTS

On Thursday, November 13 at 7:30 in the Agawam High School cafeteria, the guidance department staff cordially invites all parents of students who plan to go to college to discuss college requirements, college boards, foreign language requirements, Carnegie Units and other pertinent facts regarding college admissions.

Parents will have an opportunity to ask questions about college preparation.

This coffee hour is for parents of students from grades nine through 12 only and will give then an opportunity to understand the proper procedure students must accomplish in order to prepare for college.

Agawam High School is celebrating National Education Week in this manner this year.

Cat Week International Nov. 2 - 8



Call him "kitty," call him "pussy cat," call her "Miranda." The Mass. S.P.C.A. reports that there are literally millions of people who thoroughly enjoy having a fine, healthy kitten or cat for a pet.

It's that time of year when we salute the cat as one of our very popular pets, as we celebrate Cat Week International. Cats make a most interesting and intelligent pet and wonderful companion. At least that's what some 21 million cat owners in the country think. When a child is taught

how to properly feed, house and care for a cat, it proves a rewarding experience and brings happiness to a home.

By nature, the cat is a very fastidious little creature. If you feed him twice daily, handle him gently and see that he receives the proper inoculations, you will be rewarded in many ways. If your cat wears a collar, see that it is neither too tight nor too loose. Be sure it is part elastic so that, if caught on a projecting obstacle, the cat can pull himself free.

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Moscow is full of vending machines these days. On Gorky Street you can buy a caviar sandwich by putting a coin in a machine and waiting for an old woman to peer out at you and nod. She then makes the sandwich and drops it into the slot.

VOTERS OF FEEDING HILLS

You are cordially invited to attend a

COFFEE HOUR

TUESDAY, NOV. 11, 7:30PM

at

The Grange Home, Northwest St.
for

ROBERTA DOERING - VENETTA SNYDER

CANDIDATES for SCHOOL COMMITTEE

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ICE CAPADES

GOLDEN AGERS ANNIVERSARY

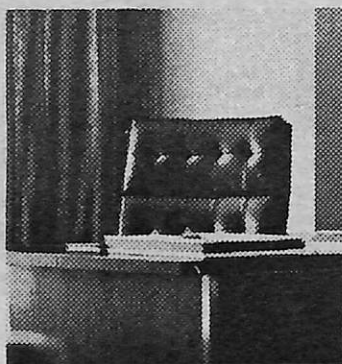
Agawam Golden Age Club has completed plans for the celebration of its 13th birthday. Organized in 1956, the club has a membership of 250, of which 150 attend the bi-monthly meetings. Meetings are held in the parish hall of Agawam Congregational Church.

Honored guests at the Nov. 12 anniversary dinner will be Rev. Walter Joyce, pastor of St. John the Evangelist Church, Rev. Benjamin Lockhart, pastor of Agawam Baptist Church and Rev. Floyd Bryan of the host church. The 3 organizers of the club in 1956 will also be honored guests, they are: Mrs. Charles DuBois, Mrs. Thomas M. Danford, St. John's and Mrs. Ernest Hall, Baptist.

Mrs. Claudia Torrey, club president is serving as honorary chm. of arrangements and announced today that 150 reservations have been made to date. The dinner will start at 12:30 p.m.

Following dinner, a skit entitled, "Hicks and Sticks" under Mrs. Torrey's direction will be presented. Featured in the cast are Jennie Miller, Florence Steere, Kay Caroleo, Lena Lesiege, Helen Wells, Joe Fedica, Martha St. Germain, Florence Mieli, Lucy and Joe Piazza, Etta Stetson, Amelia Rivers, Greta Gosselin with Eleanor Toussant accompanying on the piano. Community singing will also be enjoyed.

World population increases 2% a year and world food production increases 1%.



Mark Waters was a chain smoker.

Wonder who'll get his office?

Mark kept hearing the same thing everyone does about lung cancer but kept on smoking cigarettes. Probably thought: "been smoking all my life... won't help to stop."

No matter how long you've smoked, the risk of lung cancer decreases when you stop, provided cancer or emphysema have not developed.

Next time you reach for a cigarette, think of your office—and your home.

American Cancer Society

THIS SPACE CONTRIBUTED BY THE PUBLISHER

Almost all portage trails of the northern canoe country were made by moose. The Indians followed the network of paths that the moose tramped out from one lake to another.



★ Re-Elect ★

EDWARD W.

CONNELLY SELECTMAN

★ Retain reliable, dignified, ★
★ experienced leadership ★

ELECTION TUESDAY, NOVEMBER 18, 1969

A Pot Primer for Parents.

Know enough basic facts about marihuana to talk to your son and daughter about it.

As a parent, you're concerned. You read that college, high school, even junior high students smoke marihuana. What about your own son or daughter? Have they tried it? Would they tell you? Do you just keep quiet and hope—do you talk?

Your youngsters may joke about grass, tea, joint, roach, head—words that mean something different to you. They seem to know more about drugs than you do—that's their side of the generation gap. But not all their "facts" may be facts.

Can you talk frankly to your child about pot?

As frankly as about other important matters, with tact and mutual respect. It may be easier to start by discussing marihuana experiences he's heard of from his friends. You won't want to come across as accusing or angry—it's as risky to assume he does "turn on" as to assume he doesn't. Keep it simple, direct. And make sure your concern for him, and what happens to him, shows.

Who uses pot, and why?

More boys than girls. Girls are likelier to try if their boyfriends smoke it. A majority of young people have not tried it, and have enough self-assurance to resist trying it. A number have tried it once or twice out of curiosity or boredom. A smaller number "turn on" just on weekends. A small percentage become "heads"—their lives centered around marihuana or other drugs, with very little interest in anything else.

What proven facts about marihuana can you tell him?

1. Individuals react very differently to this drug, which is why you hear stories of extreme reactions, and stories of no reactions.

2. Reactions vary according to setting, expectation, pattern of use, and the strength of the marihuana (which varies greatly).

3. Because of all these variables, little has been proven conclusively about specific effects of marihuana on the mind

and body. This does not mean there are no ill effects, but that they cannot be catalogued and predicted exactly.

4. Involvement with this drug during the years while the young personality is finding and shaping itself, and learning how to deal with life's problems, is an intangible danger to try to measure, but of deep importance. That's a hard fact for the young to understand.

5. The possession of marihuana is illegal under local laws. In many states, it is a felony, equivalent to the possession of heroin. The laws provide severe penalties. Even being in the company of someone who possesses marihuana may make your child liable for arrest.

Easy answers to hard questions.

There aren't any. If your children ask, "What about parents' drinking and smoking?" a partial answer is that your body and personality have matured. Once anyone becomes dependent on any drug, including alcohol and cigarettes, it can be difficult to stop. Even if you're convinced they're harmful.

"Why do adults say marihuana leads to stronger drugs when that hasn't happened to my friends?" A teen-ager's experience is limited; it has happened. While marihuana itself does not lead to other drug use, association with "dealers" and drug users may be the first step to experimenting with LSD, speed and even heroin. And these drugs are far more than a stronger form of pot.

"What about the people who say pot is OK?" To be honest, scientists still don't know everything about the specific effects of marihuana. But certainly, the "authorities" your children quote, know even less. No expert is saying today that pot should be legal.

It boils down to this. Marihuana is a risk nobody has to take. Least of all somebody you care about.

For more detailed facts about marihuana and other drugs, write for free booklets to:
National Institute of Mental Health
Box 1080, Washington, D.C. 20013

NIH THE SEARCH FOR HEALTH

A REPORT FROM
THE NATIONAL INSTITUTES OF HEALTH
BETHESDA, MARYLAND

KNOW YOUR HEART III—Heart Parts

Some people are not sure about the size or location of their most vital muscle, the heart. It is about the size of your fist, and located near the center of your chest just below the breastbone.

This column is the third in a four-part series of heart terms, preferred pronunciations, and definitions.

These words are mainly about heart parts and body activities.

ADRENALIN (ad-ren'al-in)

One of the secretions of two small glands, called adrenal glands, located just above the kidneys. This secretion, also called epinephrine, and sometimes prepared synthetically, constricts the small blood vessels (arterioles), increases the rate of heart beat, and raises blood pressure.

AORTA (a-or'tah)

The main trunk artery which receives blood from the lower left chamber of the heart. It originates from the base of the heart, arches up over the heart like a cane handle, and passes down through the chest and abdomen in front of the spine. It gives off many lesser arteries which conduct blood to all parts of the body except the lungs.



ARTERY (ar'ter-e)

Blood vessels which carry blood away from the heart to the various parts of the body.

They usually carry oxygenated blood except for the pulmonary artery which carries un-oxygenated blood from the heart to the lungs for oxygenation.

ATRIUM (a'tre-um)

One of the two upper chambers of the heart. Also called auricle, although this is now generally used to describe only the very tip of the atrium. Right atrium receives un-oxygenated blood from body. Left atrium receives oxygenated blood from lungs.

ENZYME (en'zim)

A complex organic substance which is capable of speeding up specific biochemical processes in the body. Enzymes are universally present in living organisms.

METABOLISM (me-tab'o-lizm)

A general term to designate

all chemical changes which occur to substances within the body.

PULSE (puls)

The expansion and contraction of an artery which may be felt with the finger.

VEIN (vain)

Any one of a series of vessels which carries blood from various parts of the body back to the heart. All veins in the body conduct un-oxygenated blood except the pulmonary veins which conduct freshly oxygenated blood from the lungs back to the heart.

VENTRICLE (ven'tre-kl)

One of the two lower chambers of the heart. Left ventricle pumps oxygenated blood through arteries to the body. Right ventricle pumps un-oxygenated blood through pulmonary artery to lungs. Capacity about 85 cc. Equipment used by heart specialists will be described in the next column in this series.

Write to NIH Feature Service, Bethesda, Md. 20014, for a free copy of the illustrated booklet of 350 definitions, "A Handbook of Heart Terms," Publication No. 1073.

Agawam Garden Club

The Agawam Garden Club will hold its annual meeting and election of officers at the Captain Charles Leonard House on Tuesday, Nov. 11 at 6:30 p.m. The meeting will be preceded by a covered dish supper and each member will be contacted by telephone regarding her choice of food. Following the election of officers the program will feature colored slides entitled "From Sea to Shining Sea" by Anna and Harold Benson.

The ALA says the more you drink before you drive the fewer your chances to survive.

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SO CLEVER I JUST
IMAGINED YOU'D BE
FUN TO CHAT WITH."

**CATHOLIC WOMEN'S
Communion Supper**
The Catholic Women's Club of
Agawam will attend Mass on Monday,
Nov. 10, at 6:30 o'clock p.m., in St.
John The Evangelist Church, which
will be followed by a Communion
Supper in St. John's Hall immediately
following.
Reverend Father John Johnson,
Director of Marriage Counselling
Service of the Springfield Diocese, will
be guest speaker. Members as well as
their guests may attend.
Mrs. E. Malachowski, Chairman,
and her Co-Chairman, Mrs. J.
Glogowski, will be assisted by Mrs. R.
Carney, Mrs. R. Filiault, Mrs. A.
Fortier, Mrs. L. Hart, Mrs. C.
Maniscalchi, Mrs. R. Menard, Mrs.
W. Milewski, Mrs. C. Ouellette, Mrs.
M. Ristav, Mrs. T. Serres, Mrs. R.
Shoemaker, Mrs. A. Taupier.

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SATURDAY

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The name *Venezuela* means little
Venice. When Spanish explorers
reached the country they found
an Indian village built on
wooden poles above a lake. It
reminded them of Venice, so
they named it Venezuela.

SCHOOL MENUS
NOV. 10-14
Milk Served with All Meals

PHELPS SCHOOL
MON. — Juice, hmbg. in roll, onions, rel.,
ctsp., buttered green beans, sweet pots.,
apple crisp. WED. — Juice, grld. ham &
cheese roll, whole krl. corn, carrot sticks,
butter cake w/strwbry. topping. THURS. —
Spgheti w/meat & tom. sauce, cabbage &
carrot salad, Italian bread & butter,
peaches. FRI. — Tuna burger, grdn. salad
w/spnch. green. pot. sticks, pineapple
chunks, cookie.

GRANGER SCHOOL
MON. — Juice, hmbg. on roll, rel. & ctsp.,
cheese cube, cookies, peas, apricots. TUES.
— No School - Veterans' Day. WED. —
Juice, meat ball grndrs., cheese finger, green
beans, applesauce. THURS. — Shell
macroni. w/meat & tom. sauce, brd. & but.,
peaches. FRI. — Stewed tom., grld. cheese
sand., pea. but. sand., carrots, cookies, fresh
fruit.

PIERCE SCHOOL
MON. — Spgheti. w/tom. & meat sauce,
but. peas & carrots, cheese or pea. but.
sand., vanilla pudng. w/fruit topng. TUES.
— Veterans' Day. WED. — Org. Jui.,
hmbg. pattie on hot but. roll, cheese cube,
krl. corn, pot. chips, apricots. THURS. —
Beef veg. stew, carrot & celery sticks, hot
cheese muffins, pineapple, tidbits. FRI. —
Apple jui., oven bkd. cod fish, whpd. pot.,
buttered broccoli, but. sand., choc. pea. but.
cookies.

DANAHY SCHOOL
MON. — Juice, hmbg. on roll, corn,
applesauce cake. WED. — Macroni. & tom.
& meat sauce, brd. & btr., green beans,
apricots. THURS. — Meat balls in tom. &
meat sauce, mshd. pot., carrots, cheese
wdge., fruited Jello. FRI. — Tuna fish sand.
& pea. but. sand., cheese wdge., cbge. &
carrot salad, applesauce, cookie.

SOUTH ELEMENTARY
MON. — Org. jui., cold cut grndr. w/meat,
cheese, lettuce, but. diced carrots, pineapple,
chunks. TUES. — Veterans' Day. WED. —
Baked shell macroni. w/meat & spgheti
sauce, ABC salad, but. Vienna brd.,
peaches. THURS. — Cranbry. jui., golden
trkey. & rice, butrd. broccoli, pea. but. on
white brd. sand., apple crisp. FRI. —
Seafood salad w/lettuce on hard roll, cheese
sticks, carrot sticks, apricot upsidwn. cake
w/topng.

ROBINSON PARK
MON. — Macroni. w/meat sauce, butrd.
grn. beans, brd. & but., fruit. TUES. —
Veterans' Day. WED. — Juice, pizza
w/cheese & tom. sauce, carrot & celery
sticks, pea. but. cookie w/fresh fruit.
THURS. — Juice, hmbg. on bun, butrd.
mixed veg., pot. sticks, white cake
w/strwbry. cream topng. FRI. — Grld.
cheese sand., pea. but. sand., pot. chips,
tosd. green salad w/tom., dessert.

JR. HIGH
MON. — Juice, hmbg. on bun, green
beans, pea. but. sand., fruit cup, oatmeal
cookie. WED. — Juice, grndrs., sliced meat,
cheese, lettuce, tom., pickles, pot. chips,
apricot crisp. THURS. — Hmbg. & grvy.,
mshd. pot., corn, orange blosm. cake, brd.
& butr. FRI. — Juice, tuna fish salad, pot.
chips, butrd. peas, applesauce cake, brd. &
butr.

SENIOR HIGH SCHOOL
MON. — Juice, hmbg. on roll, pot. chips,
butrd. carrots, mustrd., rel., ctsp., sliced
onions, pea. but. sand., cheese wdge., butr.
cake w/choc. icing. TUES. — No School.
WED. — Frankfrt. on roll, oven French
fried pot., cbge. & carrot salad, pea. but.
sand., choc. pudng. w/topng. THURS. —
Submarine sand, ham, bolgna. & cheese,
lettuce & tom. slices, maynais., pea. but.
sand., apricot upside dwn. cake w/topng.
FRI. — Pineapple. jui., toasted cheese sand.,
raw veg. tray, pea. put. sand., lemon pie sq.

**Rubbish Collection
Schedule**

Fri.	Nov. 7	Rte. 5
Mon.	Nov. 10	Rte. 6
Tues.	Nov. 11	Rte. 7
Wed.	Nov. 12	Rte. 8
Thurs.	Nov. 13	Rte. 9
Fri.	Nov. 14	Rte. 10

Legal Notices

**COMMONWEALTH
OF MASSACHUSETTS
PROBATE COURT**
Hampden ss
To all persons interested in the estate of
LEO F. GOULET late of Agawam in said
County of Hampden, deceased.
A petition has been presented to said
Court for probate of a certain instrument
purporting to be the last Will of said
deceased by PRISCILLA W. GOULET of
said Agawam praying that she be appointed
executrix thereof without giving a surety on
her bond.
If you desire to object thereto, you or your
attorney should file a written appearance in
said Court at Springfield, in said County of
Hampden, before ten o'clock in the
forenoon on the ninth day of December
1969, the return day of this citation.
Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
twenty-third day of October 1969.
JOHN J. LYONS, Register.
Nov. 6, 13, 20. * * *

**COMMONWEALTH
OF MASSACHUSETTS
PROBATE COURT**
Hampden ss
CHARLOTTE L. TEED of Agawam in
said County of Hampden, and to her heirs
apparent or presumptive and to the
Massachusetts Department of Mental
Health, and to the United States Veterans
Administration.
A petition has been presented to said
Court alleging that said CHARLOTTE L.
TEED has become incapacitated by reason
of advanced age — mental weakness —
physical incapacity to properly care for her
property, and praying that PHILIP J.
RYAN of Springfield, in the County of
Hampden, or some other suitable person be
appointed conservator of her property.
If you desire to object thereto, you or your
attorney should file a written appearance in
said Court at Springfield in said County of
Hampden, before ten o'clock in the
forenoon on the twenty-eighth day of
November 1969, the return day of this
citation.
Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
twenty-fourth day of October 1969.
JOHN J. LYONS, Register.
Nov. 6, 13, 20. * * *

PROBATE COURT
Hampden ss
To THERESA CLAIRE BEARGOON
MAYER of Agawam, in said County.
A petition has been presented to said
Court by ALBERT E. MAYER, JR.
otherwise ALBERT EDWARD MAYER,
JR. praying for a modification of a decree of
this Court dated May 23, 1967, all as more
fully set forth in said petition.
If you desire to object thereto you or your
attorney should file a written appearance in
said Court at Springfield before ten o'clock
in the forenoon on the twenty-first day of
November 1969, the return day of this
citation.
Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
fifteenth day of October 1969.
JOHN J. LYONS, Register.
Oct. 30, Nov. 6, 13. * * *

**COMMONWEALTH
OF MASSACHUSETTS
PROBATE COURT**
Hampden ss
To all persons interested in the estate of
ADA DARBE late of Agawam in said
County of Hampden, deceased.
A petition has been presented to said
Court for probate of a certain instrument
purporting to be the last WILL of said
deceased by DONALD F. DARBE
otherwise DONALD DARBE of
Thompsonville in the State of Connecticut
praying that he be appointed executor
thereof without giving a surety on his bond.
If you desire to object thereto, you or your
attorney should file a written appearance in
said Court at Springfield, in said County of
Hampden, before ten o'clock in the
forenoon on the twenty-eighth day of
November 1969, the return day of this
citation.
Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
twenty-fourth day of October 1969.
JOHN J. LYONS, Register.
Oct. 30, Nov. 6, 13. * * *

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